

John Kozlowski

From: John Kozlowski <John@Kozlowski.org>
Sent: Sunday, May 17, 2020 8:05 PM
To: Dorothy-Jane Kozlowski (Outlook); 'Dorothy-Jane Kozlowski'; 'Erika Leigh Sams'; 'Jack Cross'; 'Tirzah Kozlowski'; 'Julia Williams'; 'Isaac Owen Williams'; Jim Cross (JimCross@LexcomInc.net); 'jimcross45@gmail.com'
Subject: Reconcile 30 ● Jack, George, Walter, Zadok ● Be Strong and Courageous
Attachments: Kozlowski@2020-05-17+2~Low.webm

Jack, George, Walter, Zadok, and family,

Gentlemen, what I did today was physically demanding. It brings to mind my sons and I desire to encourage them.

What I did today, walking 10 miles at 4.5MPH, puts me into the less than 1% bracket of people. A lesser factor is physical ability, and a greater factor is having trained my body to do so. But that also comes in two ways. One is doing the walking and pushing yourself in the process. Obviously I do that. The second is doing things for your body by what you eat to make sure it is prepared to take on that kind of work. In years past our family did that to a degree. I have moved well beyond that and I suggest it is not only the walking that shows the results.

I totally gave up raw and refined sugar about 7 years ago and don't miss it. I haven't prepared anything out of a box or can in almost the same amount of time. I drink lots of raw milk when I can get it, eat high fat meat, focus on grass fed and finished beef, most things are organic, and even more locally grown when I can. The farmers' market should open again in a couple weeks and I will probably continue to walk there three times a week.

I am the only person I know that is over 50 that takes no medication. Because I push my body so hard, I have started taking supplements, notably magnesium, as I have otherwise been in severe pain post a long hike.

You may remember we used Jack La Lanne's videos in the past. Part of his credibility was living to 96 and exercising daily up to the day before his death. He also did not see a doctor. I walk a marathon a week, 36 miles for this week, do typically 256 jumping jacks a day, and haven't seen a doctor in about two decades, including post a heart attack. **My dad made it to a couple months before his ninetieth birthday. I might do better than him. Will you do anywhere near to me? That is a question meant to encourage!**

In the video I also mentioned again "be strong and courageous". Let me remind you of the verses I referenced:

1st Corinthians 16:13 *"Be watchful, stand firm in the faith, act like men, be strong. ¹⁴Let all that you do be done in love."*

Gentlemen, be strong and courageous. I love you all!

This email: <http://Family.Kozlowski.org/Email-2020-05-17+2>

The video: <http://Kozlowski.org/2020-05-17+2>

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Fear God and keep his commandments, for this is the whole duty of man.

Ecclesiastes 12:13